

# Health Net Community Resource Center



health net

Serving our members and the community in East Los Angeles

Our offices are open for activities and services

Monday - Friday, 8:00am - 4:30pm

Free and open to everyone!

January 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>CLOSED NEW YEAR'S EVE</p> <p>CLOSED NEW YEAR'S DAY</p>	<p>3</p> <p>10:00am - 11:30am <b>Support Group: New Self Goals for the New Year</b> By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>4</p> <p>9:30am - 10:30am <b>Chair Zumba Exercise Class</b></p> <p>10:30am - 12:00pm <b>Support Group: Reduce Stress this New Years</b> By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>5</p> <p>9:00am - 12:00pm <b>Apply for Medi-Cal &amp; CalFresh</b> By QueensCare Health Centers</p> <p>8:30am - 10:00am <b>Support Group: Building Up Our Mental Strength</b> By Claudia Razo Los Angeles County Department of Mental Health</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>6</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:30am - 11:30am <b>WIC as a Resource for Families</b> By Women, Infants and Children Program</p>
<p>9</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:45am - 12:00pm <b>Loteria, BINGO and Memory Games</b> By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>10</p> <p>10:00am - 11:30am <b>Support Group: Mold a Positive Change</b> By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>11</p> <p>9:30am - 10:30am <b>Chair Zumba Exercise Class</b></p> <p>10:30am - 12:00pm <b>Support Group: Faith and Hope</b> By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>12</p> <p>8:30am - 10:00am <b>Support Group: Building Up Our Mental Strength</b> By Claudia Razo Los Angeles County Department of Mental Health</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>13</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:30am - 11:30am <b>Workshop: Non-Toxic Cleaning</b> By Silvia Segura Breathe Southern California</p>
<p>16</p>  <p>I HAVE A DREAM ***** Martin Luther King Day</p>	<p>17</p> <p>10:00am - 11:30am <b>Support Group: Self-Improvement Through Art</b> By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>18</p> <p>9:30am - 10:30am <b>Chair Zumba Exercise Class</b></p> <p>10:30am - 12:00pm <b>Support Group: Faith and Hope</b> By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>19</p> <p>9:00am - 12:00pm <b>Apply for Medi-Cal &amp; CalFresh</b> By QueensCare Health Centers</p> <p>8:30am - 10:00am <b>Support Group: Building Up Our Mental Strength</b> By Claudia Razo Los Angeles County Department of Mental Health</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>20</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:30am - 11:30am <b>Dental Workshop</b> By Health Net-Liberty Dental</p>
<p>23</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:45am - 12:00pm <b>Loteria, BINGO and Memory Games</b> By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>24</p> <p>10:00am - 11:30am <b>Support Group: Self-Worth Fundamentals</b> By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	<p>25</p> <p>9:30am - 10:30am <b>Chair Zumba Exercise Class</b></p> <p>10:30am - 12:00pm <b>Support Group: Faith and Hope</b> By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>26</p> <p>8:30am - 10:00am <b>Support Group: Building up our Mental Strength</b> By Claudia Razo Los Angeles County Department of Mental Health</p> <p>11:00am - 2:00pm <b>Family Haircuts</b> Professional Institute of Beauty</p>	<p>27</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:30am - 11:30am <b>Motivation and Self Esteem</b> By Karla Morales East Los Angeles Women's Center</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>
<p>30</p> <p>9:30am - 10:30am <b>Zumba Exercise Class</b></p> <p>10:45am - 12:00pm <b>Loteria, BINGO and Memory Games</b> By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>31</p> <p>10:00am - 11:30am <b>Support Group: A Path to Self Expression</b> By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm <b>Knitting Club</b></p>	 <p>Do you need to apply for Medi-Cal and/or Calfresh?</p> <p>Call to set up an appointment (323) 415-9120</p>	<p>Do you have a question about your Health Net benefits?</p> <p>Do you need to change your Primary Care Physician?</p> <p>Do you need help scheduling appointments with your Primary Care Physician?</p> <p>Come in, we can help!</p>	 <p>Do you need to make a premium payment? Come in, we can help!</p>

Health Net Community Resource Center  
5047 Whittier Boulevard  
Los Angeles, CA 90022  
(323) 415-9120 or (877) 698-7662

www.healthnet.com  
www.hndental.com

All classes are free and most of them in Spanish.  
Space is limited. (First come, first serve)  
Classes are subject to change, rescheduling  
or cancellation without notice.

